File 00825

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CARTERET N.J

TO ROBERT A. MONROE OR TO WHOM IT MAY CONCERN

I am writing this letter to relate my experiences with astral projections. The first astral projection occured when I was elevan years old. I went to bed when I awoke in the morning, I stayed in bed relaxing, when I dosed off but not into sleep but into catelepsy. I lost total ability to move my physical body. I knew it was there but I had to strain and struggle to bring myself back into mobility. I had no knowledge whatsoever about astral projections at that time. Several months later I had another projection this time, while taking an evening nape on my bed, I found myself floating in my room five feet above my body. I soon discovered that I could will my astral projections quite easily. My method is to lie down, relax and think of absolutely nothing. I must say I was fearful of losing my life, as anyone would be, but I was also very curious of the phenomenon. My curiousity overpowered my fears so I continued experimenting but with caution and over long intervals of time. As I continued experimenting and after reading books on the subject I gradually gained more courage. I am now twenty-seven years old and over the past years I have gradually increased my practice of this art. I am developing more control, courage and insight. I am now going to list my astral projection journeys. I cannot give you the dates I am writing from memory over the past fifteen years.

I was in my astral body, the wall next to my bed opened and I was drawn into a small little room. I then awoke in my physical body. This room in the astral projection ~~was a cell~~ was a creation of my imagination which happens often in my astral projections.

In the astral projection, I was flying in the air above the house I lived in. I was flying up the street when I reached the corner I could see the intersection, then my astral body shifted straight down, head first, towards the street below, at a very rapid speed. When I was five feet above the surface of the street I managed to steer my body parallel with the street. Emotionally upset, I returned to my physical body.

Another time I was out in my astral body I was standing in snow. In front of me, about fifty feet, was a cave. Out walked a [redacted] women with tan skin and [redacted] brown hair. She was dressed like a cavewoman. The snow felt pleasantly warm to my body and so did the snowflakes. I then awoke in my physical body.

I was in the astral body laying on my bed. Ten feet in front of me was a [redacted] four foot tall punkin-shaped like creature. It had three arms on each side, each arm being eight feet long and two legs each about four feet long The legs and feet were slender about one inch in diameter. The creature reached its [redacted]

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arm out to me and then layed it down on my stomach. It then drew its arm back dragging it a few inches on my stomach. Maybe the creature wanted me to shake hands. I returned to my physical body.

This time in my astral body I was in a parking lot of a Company. There was a space capsule probing around the area. It must have operated on some kind of anti-gravity system, ~~because~~ there wasn't any exhaust smoke or noise. It just seemed to float ~~about~~ about totally unaffected by gravity. In front on the side of the space capsule protruded a metal arm. Then I awoke in my physical.

In my astral body I could hear the sound of two jet engines roaring at each side of my feet. The sound increased as the engines drew nearer my head. As the sound was increasing, I tried regaining my physical body, I was struggling. The pain was immense from the sound, the engines were next to my ears. I thought the sound was going to kill me. Finally I made it back into my physical body. It seems I have the hardest time of ~~my~~ regaining my physical body when I am in the most fatal astral ~~experiences~~ experiences.

Another time in my astral body I was swirling around in a dark black cloud of smoke. I then awoke in my physical body.

This time in the astral body I was floating in my room then a hole opened up in the wall, two feet in diameter. I was being drawn towards the hole. I willed myself to slow down and stop, I was afraid to get to close. Three feet from the hole I looked through and saw a perfectly pure endless blue sky and a bright yellow sun. The sun radiated warmth but did not blind or bothes my eyes. Then I returned to my physical body. I wish I had gone to the opening to see what else was out there.

Before this astral projection I tought about what I was going to do. I planned to astral project in my room and turn the light switch on to see if I really could. I projected, I went to the light switch, I pushed the light switch up and turned around to see if the light was on but it wasn't, I tried several times but the light did not come on. Frustrated I went to the ceiling light took off the screw that held the light fixture and willed the light to come on. I returned to the physical I looked at the light and it was not on. It was my imagination and tought that presented the image of the light when I was in my astral body.

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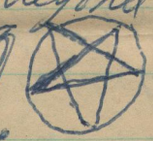
I was in my astral body, there was a human like creature grasping both my wrists. The creature was pulling and pushing me as we rotated clockwise and counterclockwise in a vertical axis. I looked out in front of me when the creature was swaying at the side of my vision. ~~Three~~ Dark ghostly creatures were encircled around me, about fifty feet away, watching me. They were shifting about and when they bumped into one another a outline of static ~~electricity~~ electrical sparks would appear ~~outlining~~ and outline there physical forms and there eyes would light up like a glowing silver. I was definately afraid and struggled back to my physical.

In my astral body I found myself in a tunnel, 2 feet in diameter forty feet long, being drawn towards a funnel shaped, glowing light structure, pointed straight at me. As I reached this gravity force field I passed through it. As I went through I could see a computer controll room with a man sitting behind the console. He was observing a stack of computer print out sheets then he looked up at me. The back wall was built with pillars and with one foot separations. Between and beyond the pillars I could see total darkness. I returned to my physical body. The strangest thing about this astral projection was a week later I went to a friends house. He was going to ~~school~~ school for computer programming, he showed me computer print out sheets

exactly and identical to those I saw in my projection. Definitely a clairvoyant projection.

I was in my astral body. In front of me was a curtain of black smoke, drifting upwards, beyond this curtain was this symbol  . I awoke in my physical body.

A few times while astro projecting, I was in the astral body, in a tunnel traveling at very high speed, the air felt like a strong pressure against my face and body.

This astral projection was experimental I wanted to know if I could see my physical body while in my astral body. I released my astral body, I found myself lying on my bed, on my side looking at a skeleton where my physical body was suppose to be. Scared I flew out of my room and started to run up the stairs, halfway up, I awoke in my physical body. The emotional fear brought me back.

Lately I have been able to release my astral arms from my physical body, then after returning them, I reintegrate with my physical. I am gradually developing more self-control in my astral body. This concludes my list of projections.

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I would like to know when Robert Monroes new book will be released. I hope you can write back and tell me. If you would like a list of my future astral projections, let me know, I will be glad to send them.

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